

GIVE YOURSELF A
BREAK**Give Yourself A Break****Transcript**

Background: Take a break!

Narrator: Give yourself a break...seriously!

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Narrator: Taking a break means you're a dedicated employee...dedicated to taking care of yourself.

Because you see...the human body was NOT designed to...

- Stay in one position, or
- Perform tiny, detailed movements — like typing — for long periods of time

It's...unnatural!

So protect yourself and your work...take a break!

Here are some suggestions.

Background: Take a break!

Narrator: Take a 20 / 20 eye break.

- Every 20 minutes—take a minute to rest your eyes.
- Look at something 20 feet away.
- Blink your eyes rapidly.
- And if you have computer glasses...wear them.

GIVE YOURSELF A BREAK

Background: Take a break!

Narrator: Take a micro break between periods of intense activity.

- Rest your hands in your lap for a couple of minutes.
- Briefly stretch, stand up, move around.
- Do a different work task, like making a phone call.

Background: Take a break!

Narrator: Take a brief rest break every 30-60 minutes.

- Stand up, move around, and do something else.
- Go and get a drink of water...or coffee.
- Talk to your co-workers about your work and your family.

Take an exercise break by stretching and doing gentle exercises every 1-2 hours.

Background: Take a break!

Narrator: Take a mental health break whenever you feel stressed out — go for a walk, talk to some friends, breathe...chill.

So give yourself a break.

Because only after you take care of yourself, can you take care of others.

Background: Take a break!